

How Much Sleep Do I Need?

Sadhguru demystifies the common notion that our bodies need 8-10 hours of sleep and offers 3 steps to reduce the amount of sleep we need.

[Blog Home](#) » [Videos](#) » [Video](#)

Oct 10, 2016 |

[2 Comments](#)

The human body or the human mechanism is the most sophisticated machinery on the planet. Sadhguru demystifies the common notion that our bodies need 8-10 hours of sleep and offers 3 steps to reduce the amount [of sleep](#) we need. After all, a machine so sophisticated does not need to be in maintenance mode half the time.

Editor's Note: Subscribe to the official [Sadhguru YouTube channel](#) to watch new videos every Monday, Wednesday and Friday.